WELCOME TO THE CAVAN COUNTY TRAILS GUIDE

County Cavan is a walker's paradise, with a wide variety of walks for all. Walkers will enjoy country lanes, winding forest tracks, breathtaking mountain paths and tranquil lake shores. The walks in this guide are suitable for people who are reasonably fit and should be within the capabilities of most. All walks have been graded according to the level of difficulty and an explanation of this is given below:

Easy: Generally flat trails with some gentle slopes. They can be described as 'muscle looseners' and can be walked in runners or other similar light footwear.

Moderate: These trails can be described as 'muscle stretchers'. The going underfoot can be poor or rough with some obstacles such as protruding roots or loose stones. Boots or strong walking shoes are generally required.

Strenuous: These are physically demanding trails and can be described as 'muscle builders'. They may have moderately steep climbs for long sections. The going underfoot can be extremely rough and can include many obstacles.

All walks are way marked with information and map boards. Information on visiting County Cavan is available on **www.thisiscavan.ie** or by emailing **fun@thisiscavan.ie**

@thisiscavan.

Don't forget to share your pictures with us on social media using #thisiscavan and to tag @thisiscavan

Rialtas na hÉireann Government of Ireland | Ár dTodhchaí Tuaithe Our Rural Future

This guide was funded under the Outdoor Recreation Infrastructure Scheme 2021, by the Department of Rural and Community Development and Cavan County Council.

THE COUNTRYSIDE CODE

When walking in the countryside, always remember that you may be walking through someone's workplace. Careless behaviour, such as leaving farm gates open, can cause great problems for farmers. Litter can cause serious damage to livestock and wildlife. A little thought and common sense can ensure a good relationship between the farmer, the local community and the visitor. Respect the countryside by following the Countryside Code and show that you respect and care for the beautiful countryside of County Cavan.

- Park sensibly and don't block exits
- Keep all dogs under control
- Don't damage walls or fences
- Be careful with fire
- Dress sensibly
- **Please** take your entire litter home

IRELAND leave no trace

Please remember that those walking the trails in this booklet do so entirely at their own risk.

LEGEND INFORMATION

- Trail Head (Start)
- Trail Head (Finish)
- National Looped Walk
- UNESCO Global Geopark
- Wheelchair/Multi Access
- Toilets
- Parking
- Picnic Tables
- Fishing
- Tourist Information
- Cycle Trail
- Scenic views
- Playground
- Heritage
- Tea/Coffee/Refreshments
- Primary/Public Road

WALKING IN THE UNESCO CUILCAGH LAKELANDS GEOPARK

The Cuilcagh Lakelands Geopark stretches from the rolling lowlands of Lough Oughter in County Cavan to the rugged uplands on the northern shores of the Lower Lough Erne in County Fermanagh, overlooked by the majestic Cuilcagh Mountain.

The Geopark received UNESCO status in 2008 in recognition of the wonderful landscapes throughout this region. The Geopark is renowned for having a geological heritage of international significance and features superb archaeology, fascinating history, diverse flora and fauna and charming folklore.

There are numerous Geopark walks in this guide. These can be identified by the symbol shown below.

Geopark symbol

For more information on the Geopark visit **www.cuilcaghlakelands.org**

CUILCAGH LAKELANDS GEOPARK

United Nations Educational, Scientific and Cultural Organization

The Irish Committee for UNESCO Global Geoparks

LIST OF WALKS

1. The Cavan Way
2. Cavan Burren Park
3. Castle Lake & Forest Walk
4. Killykeen Forest Park
5. Dun an Rí Forest Park
6. Deerpark Forest, Virginia
7. Killeshandra Loop
8. Woodford River Walk
9. Sean Eamon Ruairí Trail
10. Lough an Leagh
11. Killeshandra Camino
12. Mullagh Hill Walk
13. Flemings Folly
14. Blacklion Village Trail
15. Gowlan Loops
16. Turbet Island
17. Killykeen Greenway
18. Castle Saunderson
19. Cavan Town Heritage Trail
20. Ballyconnell-Ballyheady Recreational Trail
21. Cavan Town Urban Greenway
22. Bawnboy Loop
23. Nun's Walk

THE CAVAN WAY

A national waymarked trail

Distance 26km
Terrain Varies between public road, forest track, open ground and established trails

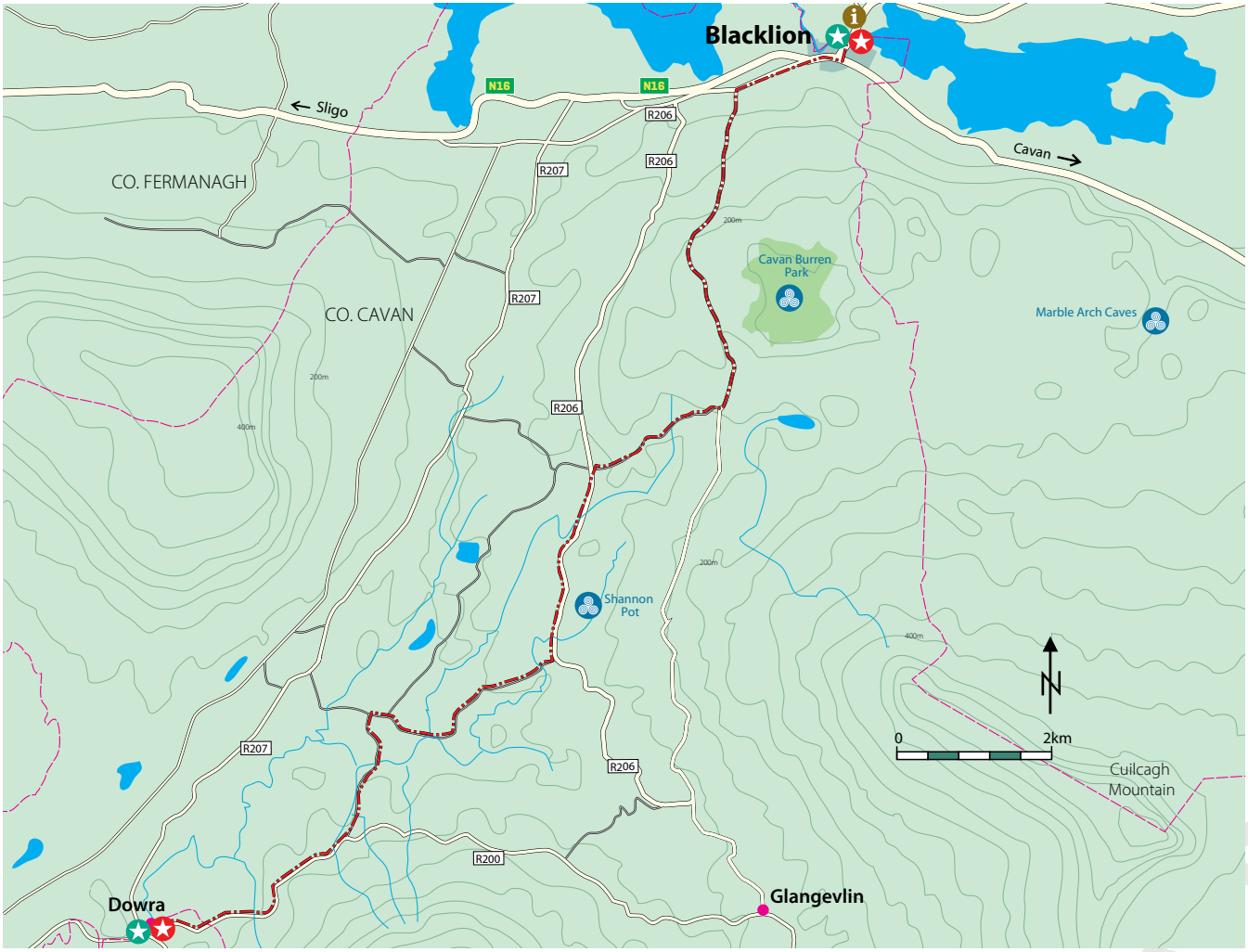
Grade *Strenuous* - The Cavan Way is a long distance route and should not be undertaken without adequate preparation

WALK
01

Start & finish: Located in the heart of the Cuilcagh Lakelands Geopark in West Cavan, the linear Cavan Way is a beautiful hill and valley walk between Dowra, a small village near the source of the River Shannon and Blacklion. The first section of the Cavan Way follows the course of the young Shannon River to its source at the mystical Shannon Pot. The walk travels along quiet country roads, valley landscapes and riverside paths. The Cavan Way traverses through the megalithic landscapes of Cavan Burren Park 02 affording breathtaking views of Lough MacNean and Cuilcagh Mountain before descending into the village of Blacklion, where a visit to the Market House Visitor Centre is a must for refreshments and more information on discovering the Geopark. Detailed maps of the Cavan Way can be found in the Market House Visitor Centre.

Nearby attractions: Cavan Burren Park; The Shannon Pot; Moneygashel Cashel; Marble Arch Caves Visitor Centre; Florence Court House.

Nearby walks: Sean Eamon Ruairi Trail 09; Gowlan Loops 15; Blacklion Village Trail 14.


Blacklion
N16
N16
Sligo
R206
R207
R206
Cavan
CO. FERMANAGH
CO. CAVAN
200m
Cavan Burren Park
Marble Arch Caves
R207
400m
R206
200m
Shannon Pot
400m
N
0
2km
R207
R206
Cuilcagh Mountain
R200
Dowra
Glangevlin

CAVAN BURREN PARK, BLACKLION

Distance 1.3km-2.9km (four trails: 10km in total)
Terrain Forest tracks
Grade Moderate
Time 1 hour

WALK 02

Start & finish: Located approximately 5km from the village of Blacklion. Take the R206 from Blacklion for 1km. Turn left onto L1011/Cornagee road for 3km and left again at the entrance to the park. Cavan Burren Park is one of Ireland's most beautiful megalithic landscapes. Walkers can choose from four trails of varying lengths with a combined distance of 10km. Stories of giants and moving glaciers come to life with every step you take in this breathtakingly beautiful prehistoric park. The 26km Cavan Way 01 and one of the Gowlan Loops 15 cuts through Cavan Burren Park.

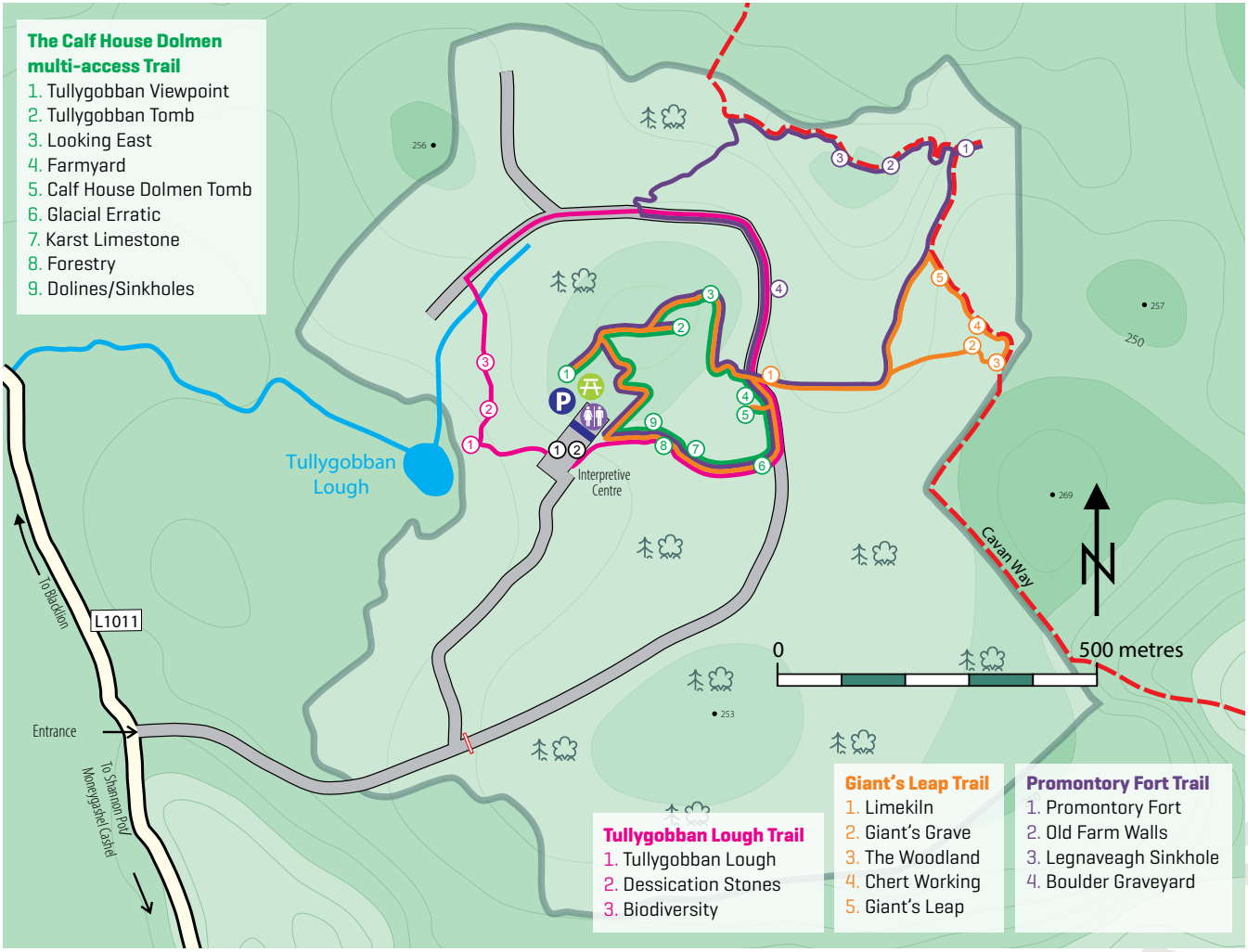
Walkers will enjoy exploring the visitor centre in Cavan Burren. Information and other services are also available at Market House Visitor Centre in Blacklion.

Trails:

1. The Calf House Dolmen multi-access trail (1.3km)
2. Tullygobbin Lough Trail (1.6km)
3. The Giant's Leap Trail (2.7km)
4. The Promontory Fort trail (2.9km)

Nearby attractions: The Shannon Pot; Moneygashel Cashel; Whitefathers Cave; Marble Arch Caves Visitor Centre; Florence Court House; Cuilcagh Boardwalk.

Nearby walks: The Cavan Way 01; Gowlan Loops 15; Sean Eamon Ruairi Trail 09; Blacklion Village Trail 14.


The Calf House Dolmen multi-access Trail
1. Tullygobban Viewpoint
2. Tullygobban Tomb
3. Looking East
4. Farmyard
5. Calf House Dolmen Tomb
6. Glacial Erratic
7. Karst Limestone
8. Forestry
9. Dolines/Sinkholes
Tullygobban Lough
Interpretive Centre
L1011
To Ballyvaughan
Entrance
To Shannon Rd/ Moneygashel Castle
Cavan Way
256
257
250
269
253
0
500 metres
Tullygobban Lough Trail
1. Tullygobban Lough
2. Dessication Stones
3. Biodiversity
Giant's Leap Trail
1. Limekiln
2. Giant's Grave
3. The Woodland
4. Chert Working
5. Giant's Leap
Promontory Fort Trail
1. Promontory Fort
2. Old Farm Walls
3. Legnaveagh Sinkhole
4. Boulder Graveyard

CASTLE LAKE, BAILIEBOROUGH

Part of the National Looped Walks Network

Distance 3.5km / 6.5km
Time 45 mins / 1hour 45 mins

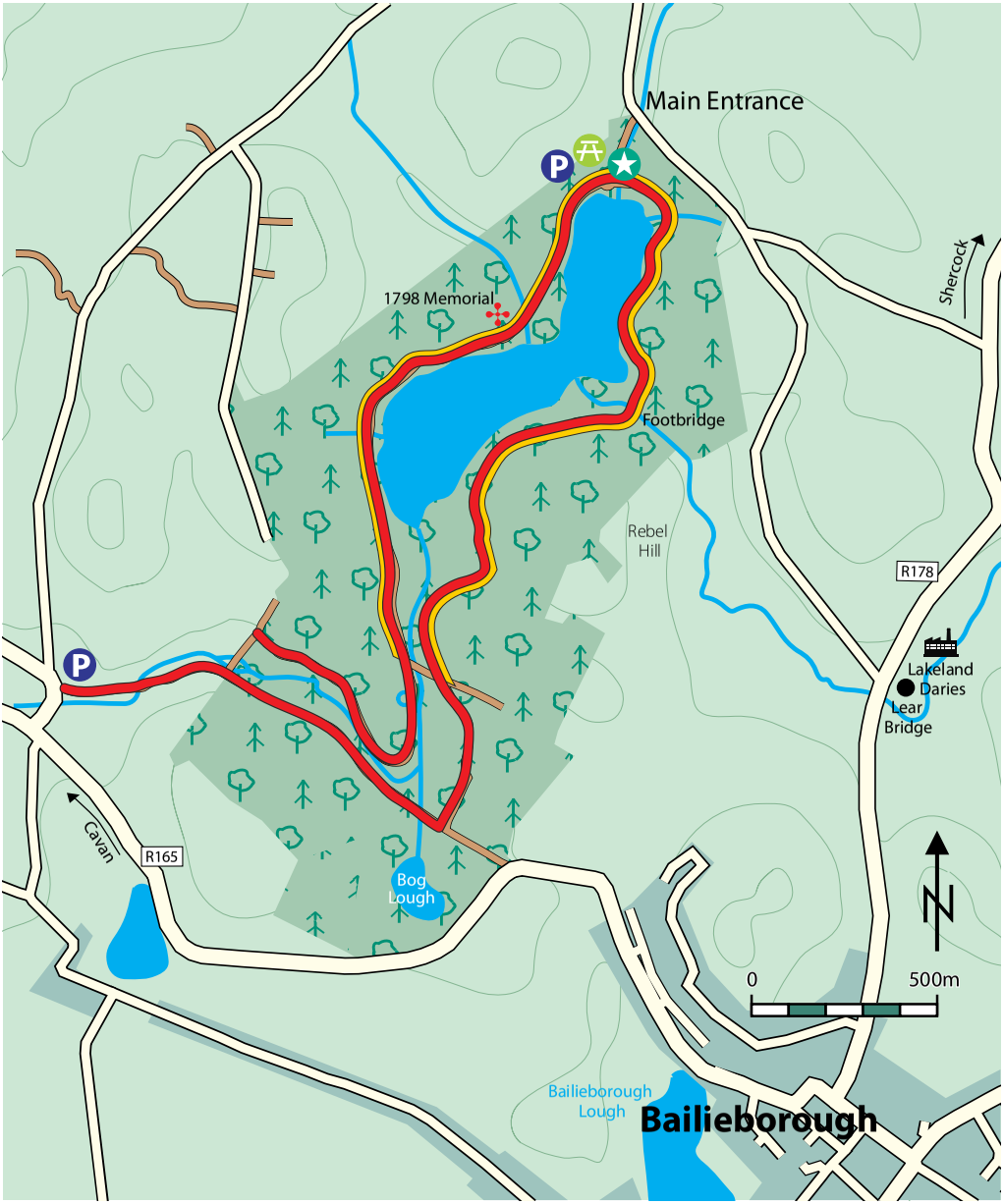
Terrain Forest and lake shores on secure paths
Grade Easy

WALK
03

Start & finish: Located just outside Bailieborough on the Shercock Road (R178). Follow the path keeping the lake on your left. Further along there is a crossroads in the path. For the shorter walk, take a left and loop around the lake. For a longer walk (6.5K) continue straight on, looking out for the graves of the Marist brothers who once occupied Bailieborough Castle. Continue left, crossing a small river and reaching a t-junction. Take a right and cross the river towards an old foundry. Re-trace your steps, cross back over the river, this time going straight on towards the Bog Lough on your right. Turn left to head back towards Castle Lake, this time keeping the lake on your left. There is a fairy fort half way around the lake above the pump house. Follow the path back to the car park.

Points of interest: 1798 Rebel Hill Memorial; Sarah's Well; Marist Brothers Graves; Foundry.

Nearby walks: Lough an Leagh 10; Dun an Rí Forest Park, Kingscourt 05.


Main Entrance
1798 Memorial
Footbridge
Rebel Hill
Shercock
R178
Lakeland Daries
Lear Bridge
Cavan
R165
Bog Lough
0
500m
Bailieborough Lough
Bailieborough

KILLYKEEN FOREST PARK

Distance 0.5km or 4.6km
Time 15 mins to 2 hours

Terrain Forest park and lake shore on secure paths
Grade Easy to Moderate

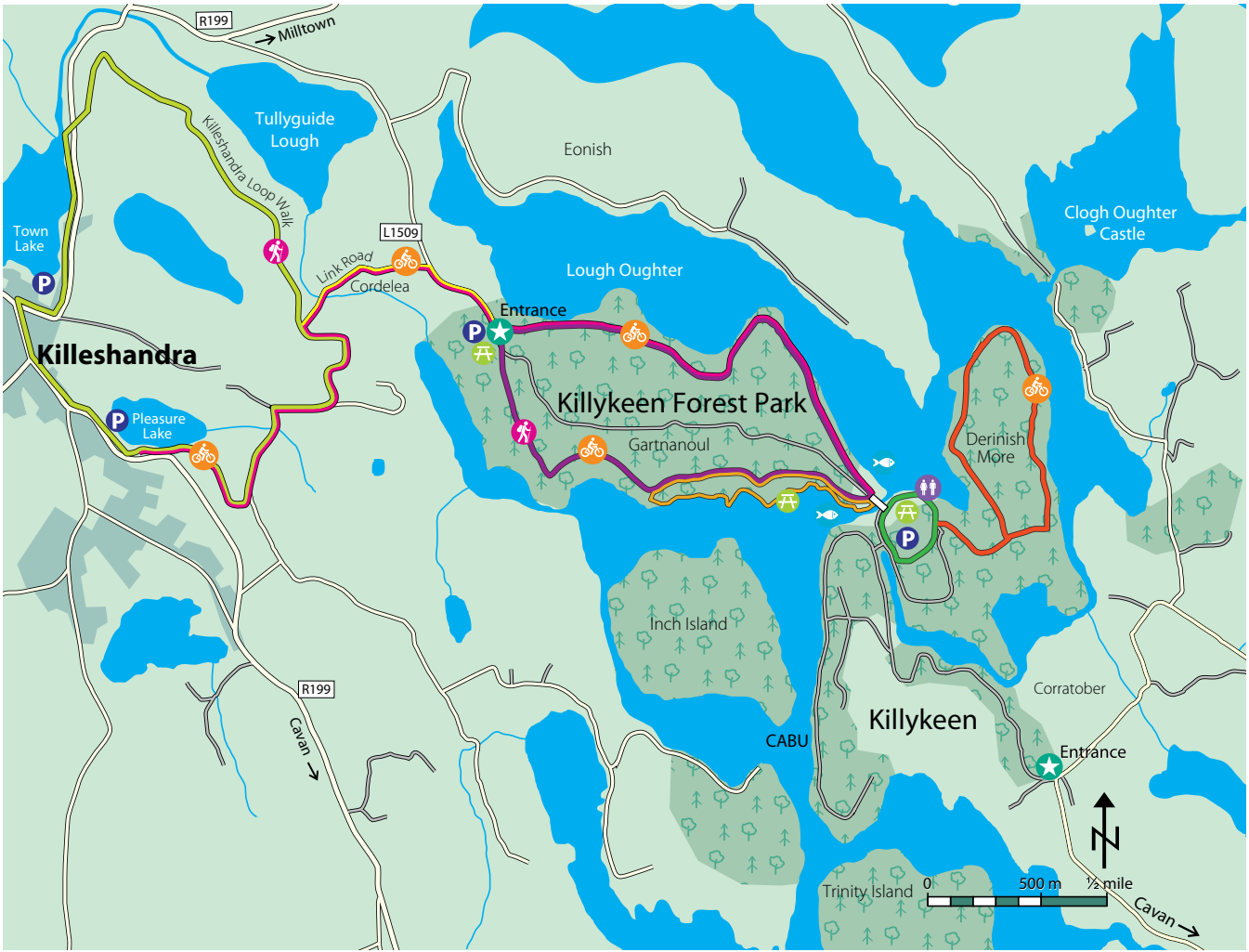
WALK
04

Start & finish: Killykeen Forest Park is located in the heart of Ireland's Hidden Heartlands between Killeshandra and Cavan town. There are two entrances to the forest park – one on the Cavan town side (R198) and one on the Killeshandra side (L1509). There are five marked trails, including the Killykeen Way Greenway 17 which links the forest park to the nearby lakeside village of Killeshandra.

Killykeen lies on the shores of beautiful Lough Oughter, renowned for wildlife and top class coarse fishing. Bike hire and kayak hire is available in the park in the summer months www.cavanadventure.ie.

Trails

Killykeen Way Greenway	12Km
Access for all trail	0.5km
Gartanoul shore walk	2 Km
Gartanoul Loop trail	4.6 Km
Family cycle trail	3 Km


R199
Milltown
Tullyguide Lough
Killeshandra Loop Walk
Eonish
Clogh Oughter Castle
Town Lake
L1509
Link Road
Cordelea
Lough Oughter
Entrance
Killeshandra
Killykeen Forest Park
Pleasure Lake
Gartnanoul
Derinish More
Inch Island
R199
Cavan
Corratober
CABU
Killykeen
Entrance
Trinity Island
0
500 m
½ mile
Cavan

DUN AN RÍ FOREST PARK, KINGSCOURT

Distance 0.6km – 2.3km
(four trails – 5.5km in total)
Time Up to 1 Hour

Terrain Forest tracks, good footpaths and some steps
Grade Easy to Moderate

WALK
05

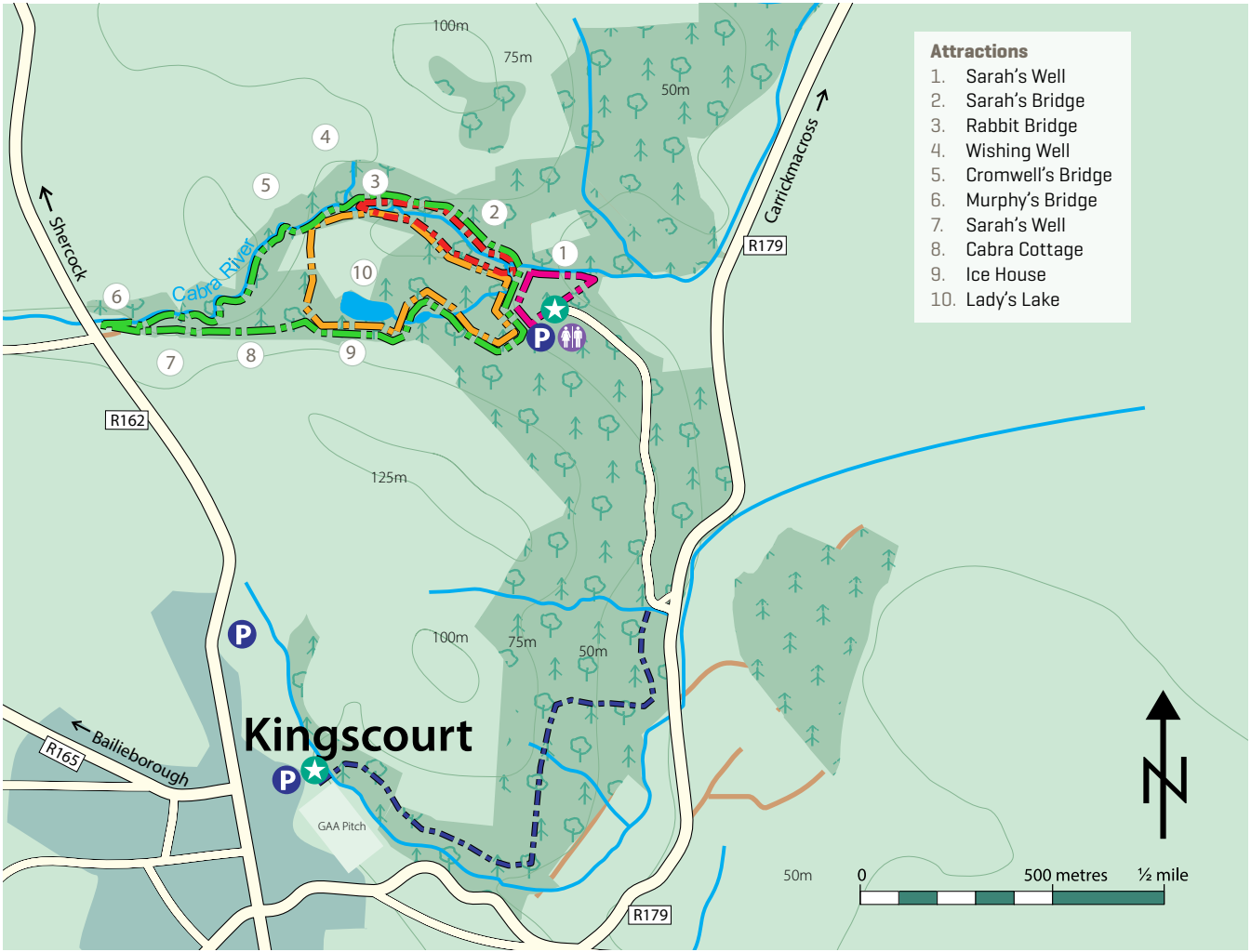
Start & finish: Dun an Rí Forest Park is located 1.5km north of Kingscourt on the R179 Carrickmacross Road and forms part of what was once the Cabra estate. Legend has it that Cú Chulainn, the Gaelic warrior, rested here while fighting the armies of Queen Maeve of Connaught. There is a great biodiversity here including otters, pipistrelle and long-eared bats, fox, stoat and badger. Birdlife is varied and the flora is spectacular. The park is reachable on foot via a path from the GAA grounds in the centre of Kingscourt

Visit www.coillteoutdoors.ie for further details.
**Car park costs €5 per day, payable by credit / debit card only.*

Access for All Trail	0.6km
Nature Trail	1km
Village Walk	1.5km
River Walk	2.3km

Points of interest: Lady's Lake; Icehouse; Sculpture Trail; Cabra cottage; Rabbit Bridge; Fleming's Castle Ruins.

Nearby walks: Lough an Leagh Kingscourt 10; Castle Lake, Bailieborough 03.


Attractions
1. Sarah's Well
2. Sarah's Bridge
3. Rabbit Bridge
4. Wishing Well
5. Cromwell's Bridge
6. Murphy's Bridge
7. Sarah's Well
8. Cabra Cottage
9. Ice House
10. Lady's Lake
Shercock
Carrickmacross
Cabra River
R162
R179
R165
Bailieborough
Kingscourt
GAA Pitch
100m
75m
50m
125m
0
500 metres
½ mile

DEERPARK FOREST, VIRGINIA

Distance 5.5km
Time Over an hour
Terrain Forest tracks and lake shore paths
Grade Easy

WALK
06

Start & finish: Start the walk at the car park beside Virginia Rugby Club on the Ballyjamesduff Road R194 just outside Virginia. This delightful woodland walk winds its way through Deerpark Forest over beautiful stone bridges, along the shores of Lough Ramor.

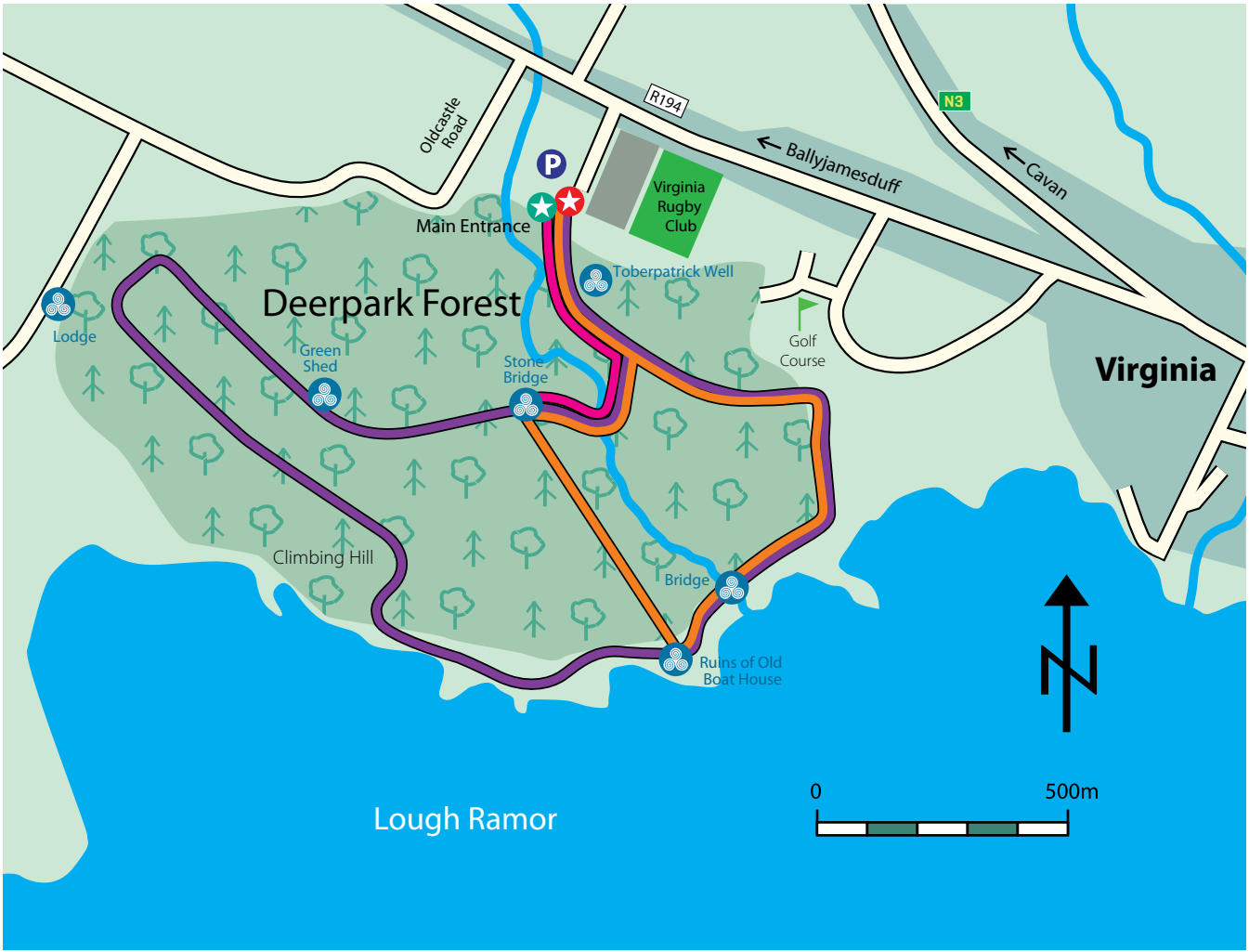
Trails:

Multi-Access Walk	1.1km
Golden Way Heritage trail	2.4km
Lough Ramor Loop	5.5km

Points of interest: Lough Ramor; Old Boathouse; Gate Lodge, Metal Bridge, Ice-House, Toberpatrick Well.

Nearby attractions: Virginia Golf Course; Ramor Theatre, Virginia; St. Kilian's Heritage Centre, Mullagh; Cavan County Museum and WW1 Trench Experience, Ballyjamesduff; Lough Crew, Oldcastle.

Nearby walks: Mullagh Hill Walk 12; Nun's Walk, Ballyjamesduff 23.


Oldcastle Road
R194
N3
Ballyjamesduff
Cavan
Virginia Rugby Club
Main Entrance
Toberpatrick Well
Deerpark Forest
Lodge
Green Shed
Stone Bridge
Golf Course
Virginia
Climbing Hill
Bridge
Ruins of Old Boat House
N
0
500m
Lough Ramor

KILLESHANDRA LOOP

Part of the National Looped Walks Network

Distance 6km
Time 1 hour 30 mins

Terrain Forest tracks and lake shore paths
Grade Moderate

WALK
07

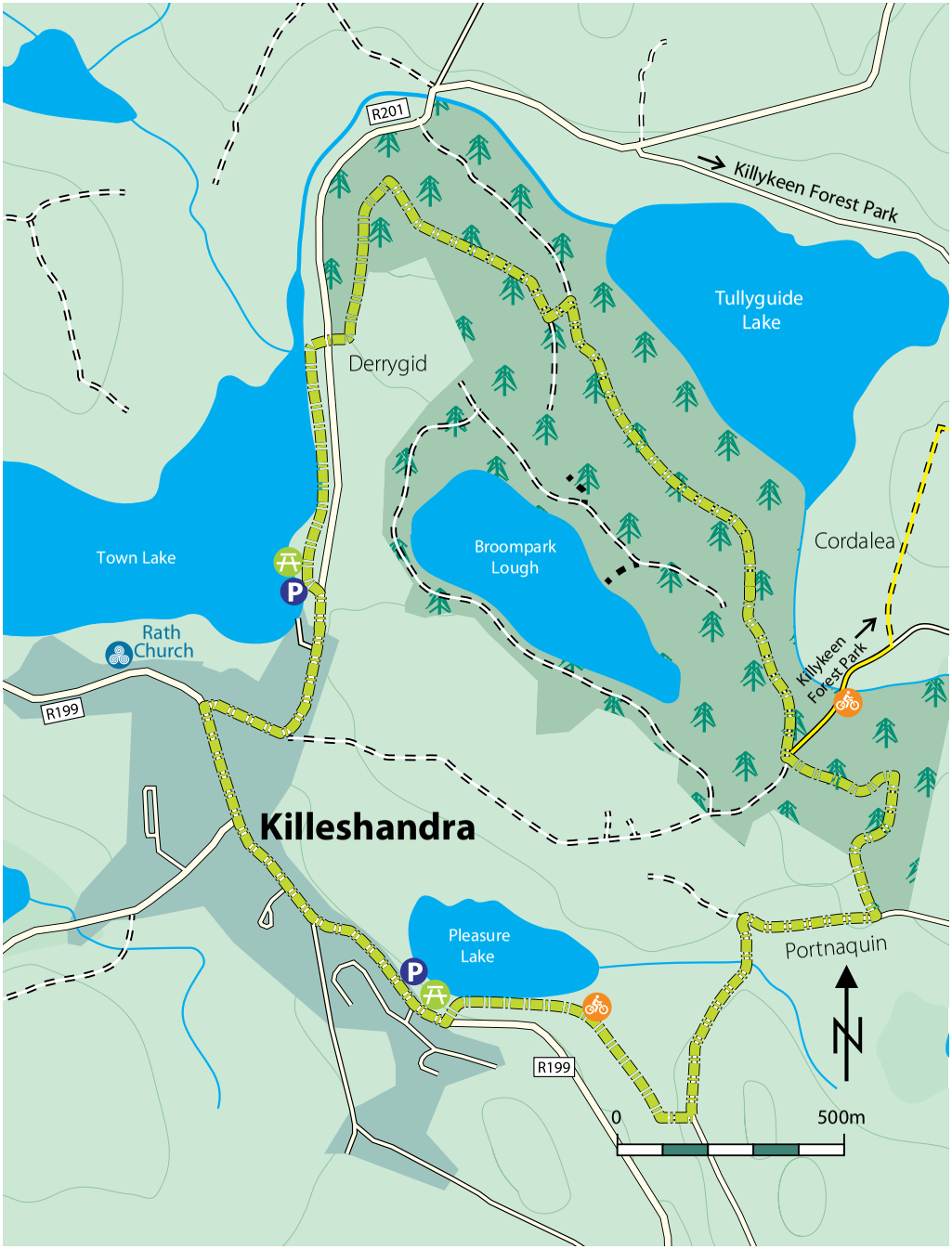
Start & finish: The walk begins at Town Lake (known locally as the Strand) along the R201 Road outside Killeshandra. Walk along the lake shore for 500m then follow the raised path along the Belturbet Road. Cross the road carefully at the marked point, go through the stile and follow the trail into the forest.

The forest is home to a diverse range of flora and fauna with walkers likely to see red squirrels, pine martins, blue damselfly. Follow the path between Broomspark and Tullyguide Lakes (1.5km) until reaching a crossroads. Continue straight on staying on the marked path or turn left for a longer trail to Killykeen Forest Park*. Turn right at Portnaquin and left at the next junction. Take the next right across the field in front of Pleasure Lake to the picnic area. Turn right and head back to Killeshandra.

*Cyclists should begin the trail from Killeshandra to Killykeen at the carpark at the Pleasure Lake (known locally as the Green Lake).

Nearby attractions: Killeshandra Rath Church; Cavan Adventure Centre; Drumlane Abbey, Milltown; Clough Oughter Castle; Carafin Activity Park.

Nearby walks: Killeshandra Camino 11; Killykeen Way Greenway 17; Killykeen Forest Park 04.


R201
Killykeen Forest Park
Tullyguide Lake
Derrygid
Town Lake
Broompark Lough
Cordalea
Rath Church
R199
Killykeen Forest Park
Killeshandra
Pleasure Lake
Portnaquin
R199
0
500m

WOODFORD RIVER WALK, BALLYCONNELL

Distance 5km
Time 1 hour 20 mins

Terrain Canal/river path and forest tracks
Grade Easy

WALK 08

Start & finish: Park at the Shopping Centre car park at the bridge in Ballyconnell and cross the road to a small park. Walk along the river for 200m passing a footbridge. Continue on the path along the river. Eventually you emerge into the open countryside with the river on your left and open fields on your right.

Continue walking along the bank until you approach Annagh Woods. Fork right and enjoy a circular walk through the forest. The forest is part of the old Ballyconnell Demesne with many native Irish tree species. At the fork in the path, go left and continue straight on along edge of the forest until you meet the footpath at the canal. Turn left for home. On the way back, if you wish, cross the footbridge over the river and into Ballyconnell. Otherwise continue straight along the river bank back towards the bridge and the Shopping Centre.

Nearby attractions: PGA National Slieve Russell; Bear Essentials Visitor Centre; Cavan Adventure Centre; Carafin Activity Park.

Nearby Walks: Ballyconnell Recreational Walk 20; Bawnboy Loop 22.

Co. Fermanagh
Derrylin/Enniskillen
Woodford River
Annagh Woods
Annagh Lough
Killywilly Lough
Ballyconnell
R205
R205
N87
Cavan/Belturbet
120
110
100
90
80
70
70
60
50
60
50
70
60
90
50
0
500 metres

SEAN EAMON RUAIRÍ TRAIL, GLANGEVLIN

Distance 7km
Time 2.5 hours

Terrain Minor road and trackway
Grade Moderate

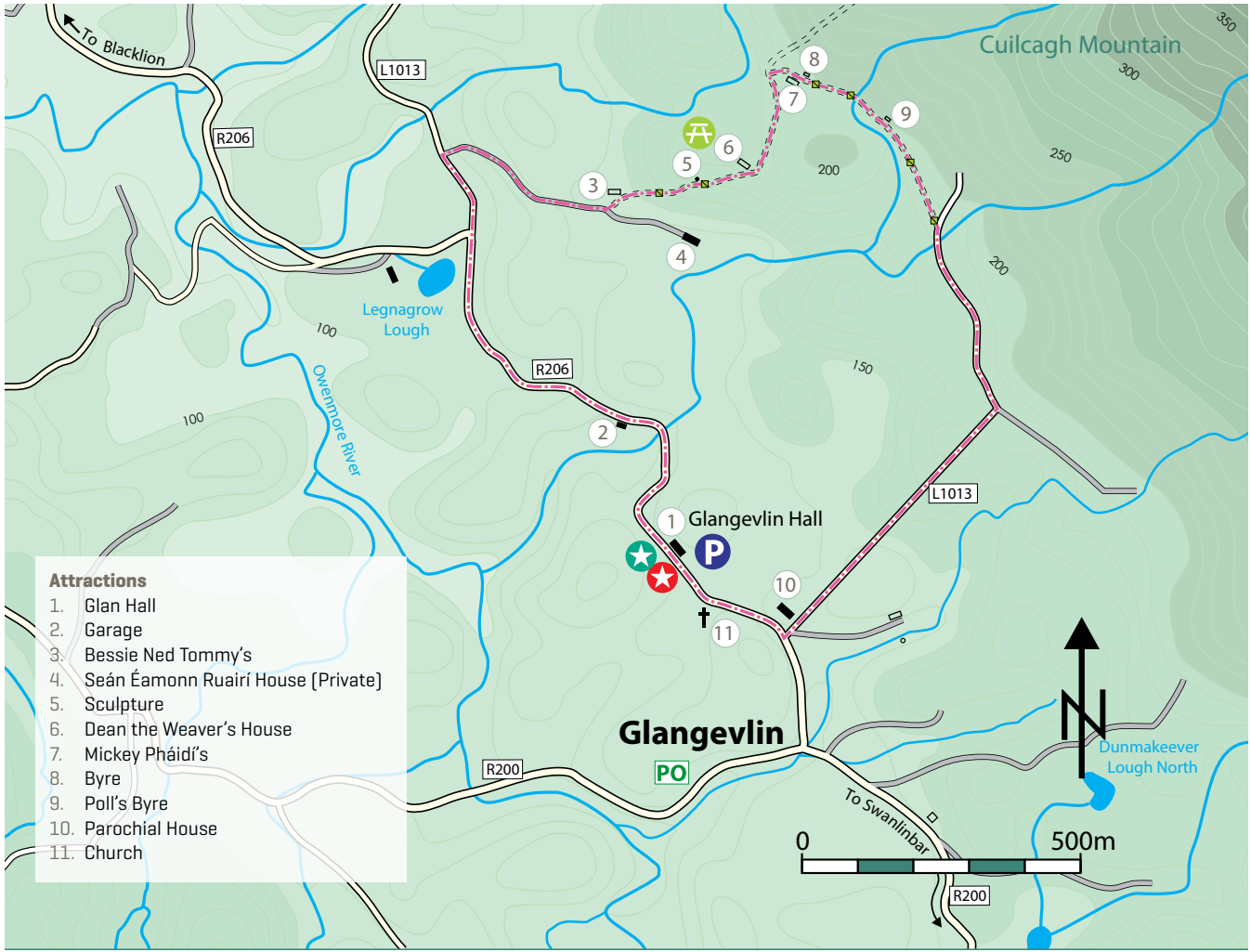
WALK
09

Start & finish: Start at St. Pat's Hall (Glan Hall), in Glangevlin, where parking is available. The Sean Eamon Ruairí Trail takes you through a preserved rural Irish landscape, past abandoned farmsteads into the uplands surrounding Glangevlin. The landscape was the home of Sean Eamon Ruairí, the last native Irish speaker in West Cavan.

Continue past the church, taking the first left by the parochial house heading towards Cuilcagh Mountain. Veer left towards the townlands of Eshveagh and Legglass. Cross a mountain stream past the sweathouse, an ancient form of sauna, and abandoned farmsteads. Head west past the Weavers House and sculpture memorial to Sean Eamon Ruairí. There are picnic benches and wonderful views. Sean Eamon Ruairí's former homestead is to the left and privately occupied. Join the old Blacklion/Glangevlin road. Turn left to head for home.

Nearby attractions: Shannon Pot; Moneygashel Cashel; Cavan Burren Park; Marble Arch Caves Visitor Centre.

Nearby walks: Cavan Burren Park 02; The Cavan Way 01; Gowlan Loops 15.


To Blacklion
L1013
R206
Cuilcagh Mountain
350
300
250
200
150
100
Legnagrow Lough
Owenmore River
Glangevlin Hall
Glangevlin
PO
R200
L1013
To Swanlinbar
Dunmakeever Lough North
N
0
500m
Attractions
1. Glan Hall
2. Garage
3. Bessie Ned Tommy's
4. Seán Éamonn Ruairí House (Private)
5. Sculpture
6. Dean the Weaver's House
7. Mickey Pháidí's
8. Byre
9. Poll's Byre
10. Parochial House
11. Church

LOUGH AN LEAGH, KINGSCOURT

Distance 4.8km
Time 1hr 30 mins

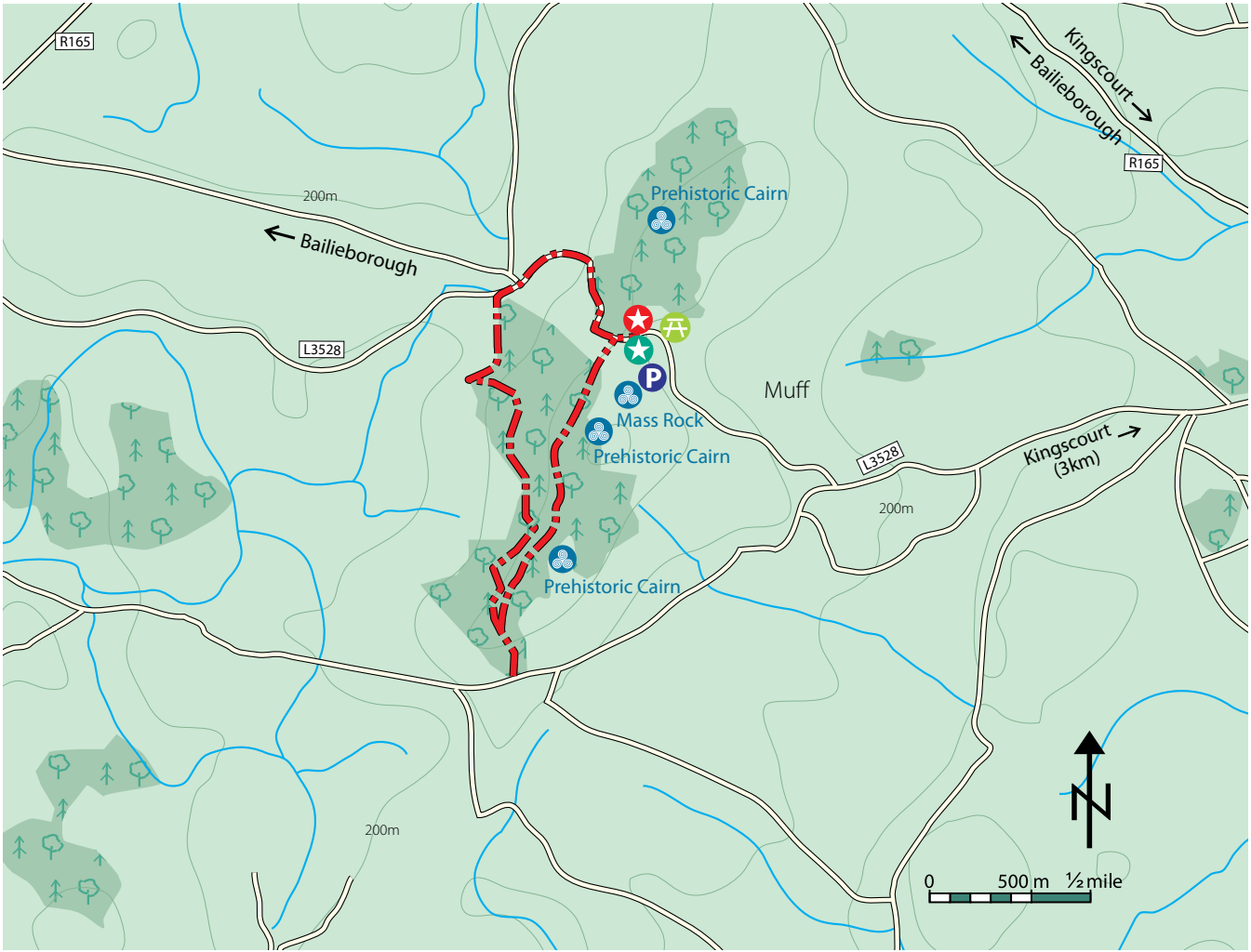
Terrain Mountain and forest paths
Grade Moderate

WALK
10

Start & finish: Follow signs to Lough an Leagh from the Bailieborough – Kingscourt Road (R165). The name Lough an Leagh is derived from the Irish 'Lough an Leighis' meaning 'Lake of the Cures'. Parking available at the top of the mountain near the picnic area and the mass rock. There is a fairy fort to the right of the mass rock affording spectacular views.

Follow the Adrian's Way sign 100m down the main road from the Mass rock. Turn left, through the kissing gate, and on to the forested area. You'll see expanses of heather which are home to many insects and birds. On a clear day, Cuilcagh Mountain is visible. Turn left towards the mast and viewing point. From here it is possible to see the Irish Sea. Continue on the path through the forest, until it splits in three. Take a sharp right. After 1km, arrive at a public road. Turn right to return to the Mass Rock.

Nearby walks: Dun an Rí Forest Park, Kingscourt 05; Castle Lake and Forest Walks, Bailieborough 03.


R165
Kingscourt
Bailieborough
R165
200m
Bailieborough
Prehistoric Cairn
L3528
Muff
Mass Rock
Prehistoric Cairn
L3528
Kingscourt
(3km)
200m
Prehistoric Cairn
200m
N
0
500 m
½ mile

KILLESHANDRA CAMINO

Distance 35.5KM
Time 8 hours

Terrain Forest track, road and greenway
Grade Strenuous

WALK
11

Start & finish: Start at the Community Centre on the R201 Carrigallen Road in Killeshandra. The Camino route has been inspired by the many pilgrim routes all over Europe. This beautiful lake-dotted trail, along the byways around the village of Killeshandra, showcases some of the country's most beautiful natural ways through forests, along glistening lakes and blossoming greenways. The Camino takes in parts of the Killeshandra Loop 07 and the Killykeen Greenway 17 and the Forest Park. An organised Camino event takes place every June. To find out more visit www.killeshandracamino.ie

Nearby attractions: The Rath Church; Drumlane Abbey; Clough Oughter Castle; Cavan Adventure Centre; Carafin Activity Centre.

Nearby Walks: Killykeen Way Greenway 17; Killykeen Forest Park 04; The Killeshandra Loop 08.

Kildallan
Dring
Clonkeen
Claragh
Drumnoose
Drummullagh
Tullynabeherny
Drumminnion
Drumalla
Drumcase
Evlagh Beg
Evlagh More
Drumcanon
Mackan
Keelagh
Drumbagh
Drumlarah
Aghnacreevy
Drumbo
Drumcase
Tully
Killygorman
Mulaghdoo Lough
Druminiskill
Drumbinnis
Drumully West
Gorteen
Clooneen
Derryvackny
Drummary Lough
Drumully East
Mullaghdoo
Killygowan
Corglass
Derrinlester
Tonaloy
Drummany
Mullaghmullan
Snakeel
Drumgoohy
Aghabane Lough
Dumb Lake
New Br
Drummany Rahan
Patterson Lough
Aghabane
Corragh
Croaghan
Derrygid
Tullyguide Lake
Rinn
Drumcrow North
Eonish
Laheen Br
Laheen
Disert Lough
Town Lake
Broomark Lake
Lough Oughter
Derrindrehid
KILLESHANDRA
H12 RY23
Start
Finish
Bawn
Bawn Lake
Keelagh
Killegar
Gartnanoul
Pleasure Lake
Derreskit
Yewer Glebe
Aghavadrin
Dumb Lough
Derreskit Lough
Kinkeel
Killykeen Forest Park
Kilnamar Lough
Glasshouse Lough
Mill Lough
Drumroosk
Derries Lower
Inch Island
Corracanvy
Cappagh
Derrymacross
Killykeen
Corratober
Burntbog Lough
Coragh Glebe
Drumconlester
Drumergoole
Drummany
Creenagh Glebe
Drumgoa
Aghullaghy
Corracreeny
Portlonfield
Drumhillagh
Ardarragh
Trinity Island
Derries Upper
Kilbrackan
Kilbrackan Br
Sallaghan
Derry Lough
Portlongfiels Lough
Drumgoon

MULLAGH HILL WALK

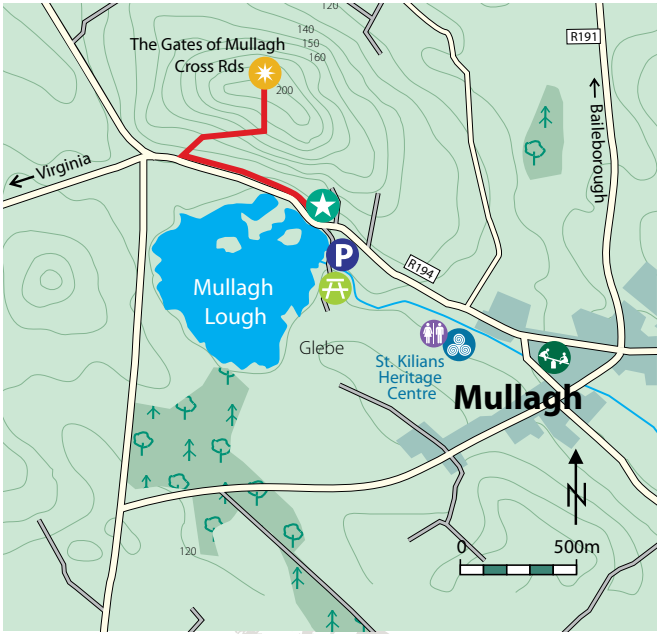
Distance 2km
Time 30 mins

Terrain Hillside walk on good paths
Grade Moderate

WALK
12

Start & finish: Begin your walk at Mullagh lake, on the R194 Virginia road, just outside Mullagh Village. Parking is available here. Take care as you walk along the main road towards Virginia for approximately 300 metres. There is a sign on the right pointing to a hill walk. There are picnic benches on the way up and panoramic views. Return to the car park along the same route, taking care when crossing the road.

Nearby attractions: St Kilian's Heritage Centre (cafe, tourist information available here).



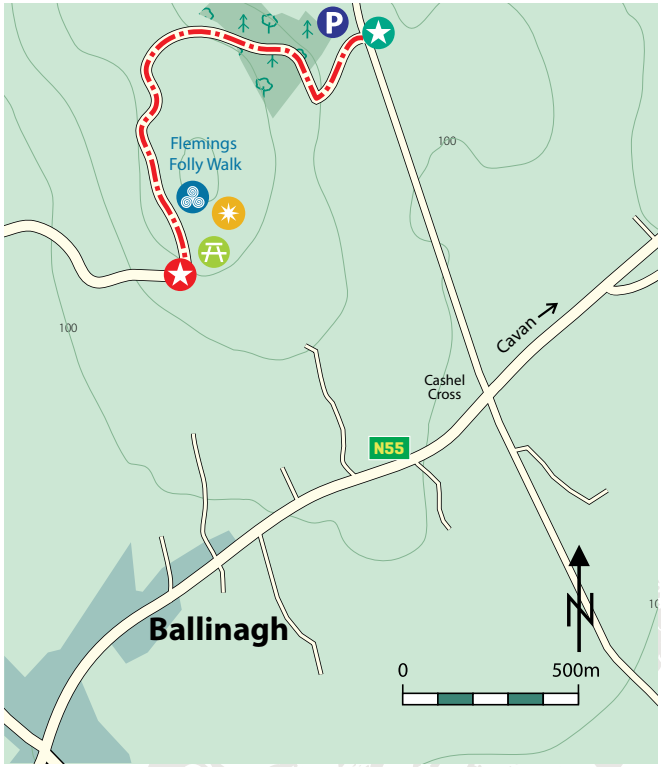
FLEMINGS FOLLY, BALLINAGH

Distance 2km
Time 30 mins

Terrain Forest track
Grade Easy - Moderate

Start & finish: Flemings Folly is located approx 1.5km outside Ballinagh, on the Cavan road (N55), signposted Cashel Cross / Flemings Folly. Follow this road for 0.5km. The entrance to the forest trail is on the left. Limited parking is available here. Walk from here up to Flemings Folly, a stone tower built on a hill with dramatic views over the countryside. On a clear day it is possible to see the three provinces. Return the way you came.

Nearby Walks: Killykeen Forest Park 04; Killeshandra Lake & Forest Walk 07; Killykeen Greenway 17.



WALK
13

BLACKLION VILLAGE TRAIL

Distance 2km
Time 1 hour 30 mins

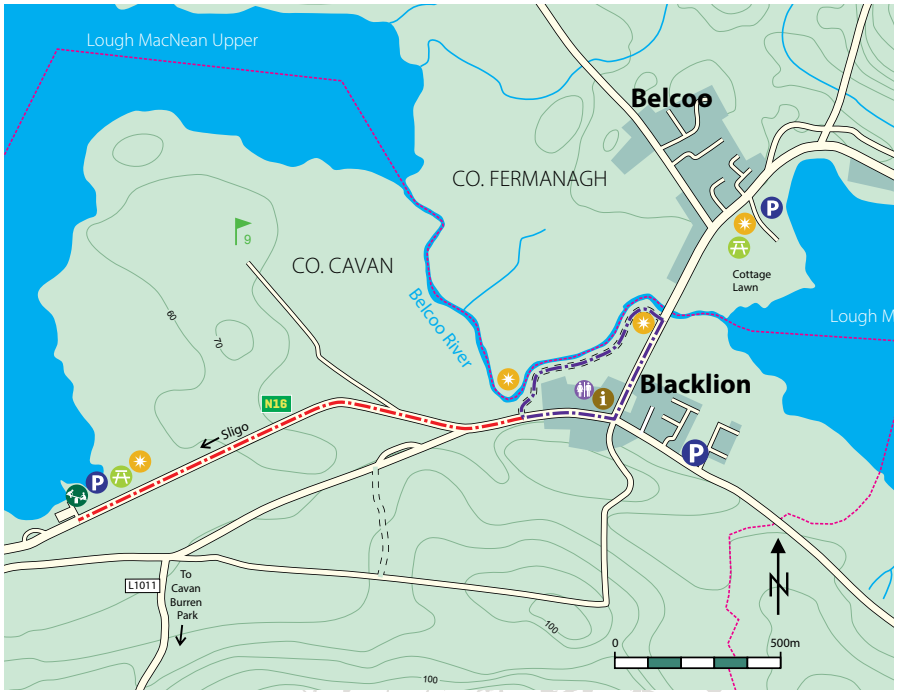
Terrain Public Footpaths and good paths
Grade Easy

WALK
14

Start & finish: Blacklion Village is situated in the North West of County Cavan at the foot of Cuilcagh Mountain. Visit the Market House Visitor Centre in Blackion for further information on the trail and surrounding area.

Nearby attractions: Cavan Burren Park; The Shannon Pot; Marble Arch Caves Visitor Centre; Florence Court House

Nearby walks: Cavan Burren Park 02; The Cavan Way 01; Gowlan Loops 15; Sean Eamonn Ruairi Trail 09.



GOWLAN LOOPS, WEST CAVAN

The Gowlan Looped Walks all branch off from the Cavan Way 01. Part of the Cuilcagh Lakelands Geopark, West Cavan is famous for stunning natural landscapes and cultural heritage. There are three looped walks in and around the townland of Gowlan.

a) MONEYGASHEL LOOP (RED)

Distance 2.3km
Time 1 hour 20 mins
Terrain Minor road, farm track and open countryside
Grade Easy

Start & finish: This short looped walk takes you through the adjacent townland of Moneygashel, which translated from Irish, means 'scrubland of the cashel'. The highlight of the walk is the wonderfully preserved cashel itself, but there are numerous other sites to see along the way including evidence of the last Ice Age, abandoned farmsteads, megalithic tombs, and a sweathouse.

b) GARVAGH LOUGH LOOP (PINK)

Distance 5.5km
Time 1 hour 30 mins
Terrain Minor roads
Grade Moderate

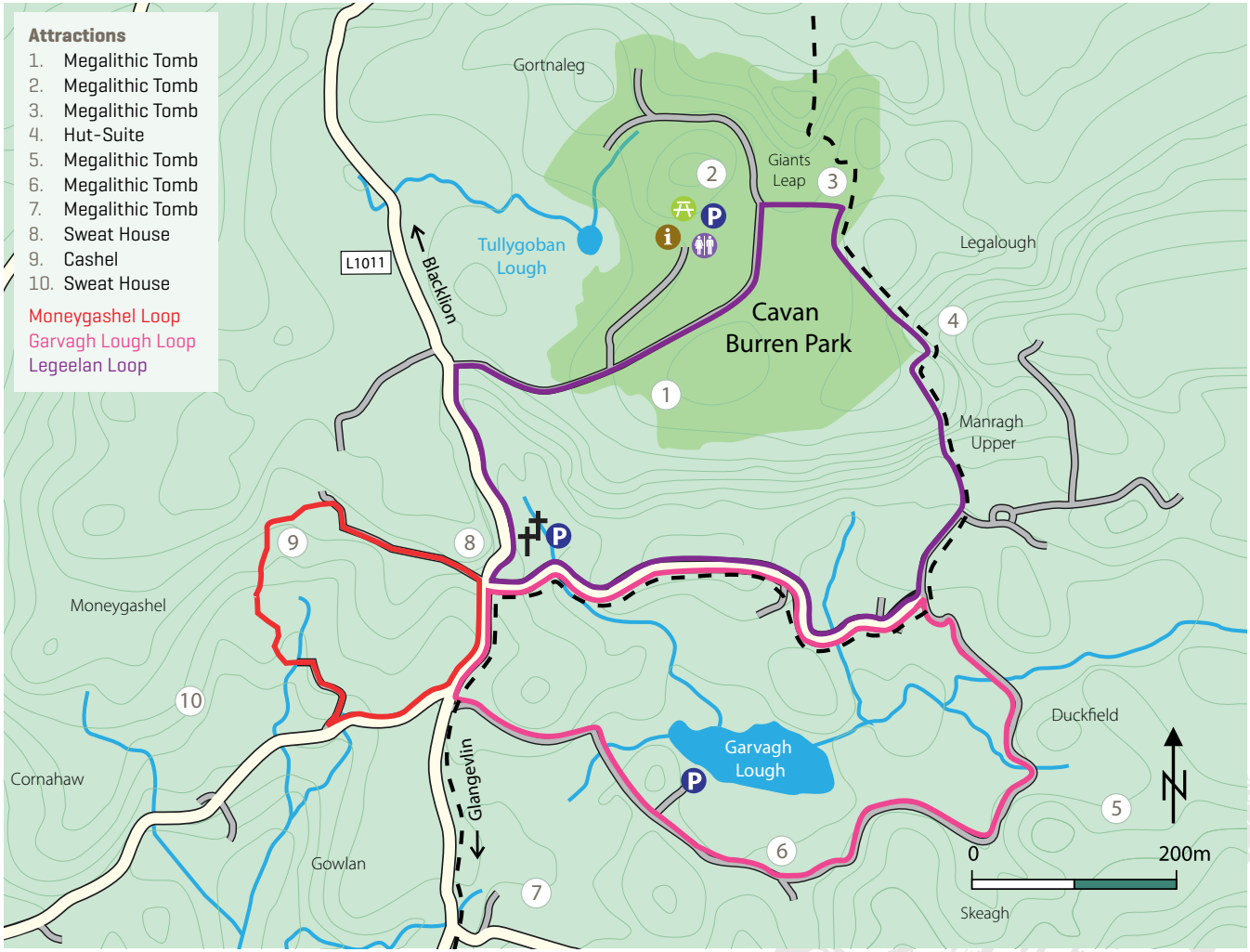
Start & finish: The scenic looped walk around Garvagh Lough completely encircles this tranquil lake. Located on limestone bedrock, the lake itself is a rarity in these types of landscape. Other sites of interest along the way include megalithic tombs, abandoned farmsteads, and wonderful views of the nearby Cuilcagh Mountain.

WALK
15

c) LEGEELAN LOOP (PURPLE)

Distance 5.6km
Time 1 hour 30 mins
Terrain Minor road, farm track and open countryside
Grade Moderate

Start & finish: The most challenging of these looped walks is arguably the most rewarding as it takes you through rugged limestone grasslands along the Cavan Way 01 and offers spectacular views over the West Cavan countryside. However, the real highlight of the walk is Cavan Burren Park 02 one of the finest relict landscapes in Ireland and home to over 200 different archaeological monuments as well as many fascinating geological features.


Attractions
1. Megalithic Tomb
2. Megalithic Tomb
3. Megalithic Tomb
4. Hut-Suite
5. Megalithic Tomb
6. Megalithic Tomb
7. Megalithic Tomb
8. Sweat House
9. Cashel
10. Sweat House
Moneygashel Loop
Garvagh Lough Loop
Legeelan Loop
Gortnaleg
Giants Leap
Tullygoban Lough
L1011
Blacklion
Cavan Burren Park
Legalough
Manragh Upper
Moneygashel
Cornahaw
Gowlan
Glangevlin
Garvagh Lough
Duckfield
Skeagh
0
200m

TURBET ISLAND, BELTURBET

Distance 1.6km **Time** 40 mins **Terrain** Good paths **Grade** Easy

WALK
16

Start & finish: The name Belturbet, comes from the Gaelic words beal (mouth) and Tairbeart (isthmus or peninsula). Translated literally, Belturbet is the mouth of the peninsula. Turbet Island, beside Kilconny Bridge (car parking here) on Bridge Street is the mouth of the peninsula. Walkers will enjoy a quiet, natural, accessible trail along the River, from the carpark, past a Motte and Bailey, on to the Railway Bridge and back to the car park or on into town if you wish. The first ever remnants in Europe of the prehistoric Woolly Mammoth were found on Turbet island and are housed in the Natural History Museum in Dublin.

Nearby attractions: Cavan Adventure Centre; Drumlane Abbey; Carafin Activity Park; Belturbet Heritage Railway Station.

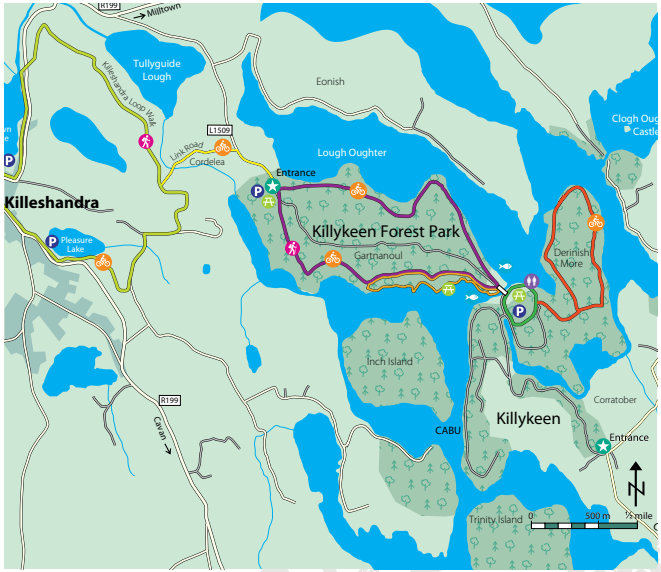
Nearby Walks: Woodford River Walk, Ballyconnell 08; Killeshandra Lake & Forest Walk 07; Killykeen Greenway 17; Ballyheady Recreational Trail 20.

KILLYKEEN GREENWAY

Distance 6km each way
Time 15 mins to 2 hours

Terrain Tarmacked path, roadway
Grade Easy

Start: The Killykeen Way Greenway is a 6km path linking the Forest Park with the nearby lakeside village of Killeshandra. Start at the main carpark in Killykeen Forest Park or in Killeshandra at the Pleasure Lake on the R198 Cavan road just outside the village. Perfect for family cycles or walks, the greenway provides a scenic and accessible route along the upper section of the Gartanoul peninsula in Killykeen, along the lake shore. There is a short 400m on-road section between the entrance to the forest park on the Cavan side and Cordelea. Bike hire is available in the forest park in the summer months at www.cavanadventure.ie. Tea/ coffee options are located along the route.



WALK 17

CASTLE SAUNDERSON, BELTURBET

Distance 0.5km
Time 15 mins

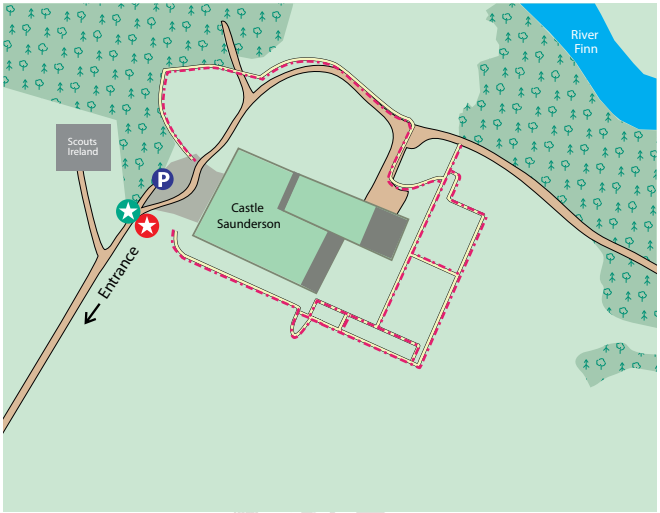
Terrain Good paths
Grade Easy

WALK
18

Start & finish: Castle Saunderson is located on the Cavan - Clones road (N54) approximately 18km north of Cavan Town and 7km east of Belturbet. Drive the 1.5km into the estate and follow the signs for the castle walk. Parking is available adjacent to the castle. Castle Saunderson Demesne is also home to Scouting Ireland who has a large scouting centre on the estate which you will see on your left when approaching the castle. Follow the short loop around the castle, taking time to read the panels on the fascinating history of this historic building.

Nearby attractions: Cavan Adventure Centre, Butlersbridge; Belturbet Heritage Railway Station; Carafin Activity Park; Crom, Co. Fermanagh.

Nearby Walks: Turbet Island, Belturbet 16.



CAVAN TOWN HERITAGE TRAIL

Time 1 hour 30 mins
Terrain Public footpaths and good paths

Grade Easy

Start & finish: Cavan town was the first Gaelic Medieval town in Ireland. Start at the courthouse in Cavan town and follow the panels, using the QR Codes on panels on the way for further information or visit **www.cavanwalkinghistory.ie**

Features: St. Marys Abbey; The Cathedral of SS. Patrick & Felim; Percy French's House; Town Hall Cavan; Con Smith Park.

Nearby walks: Killykeen Forest Park 04; Cavan Town Urban Greenway 21.

WALK
19

BALLYCONNELL TO BALLYHEADY RECREATIONAL TRAIL

Distance 5km (2.5KM each way)
Time 40 mins

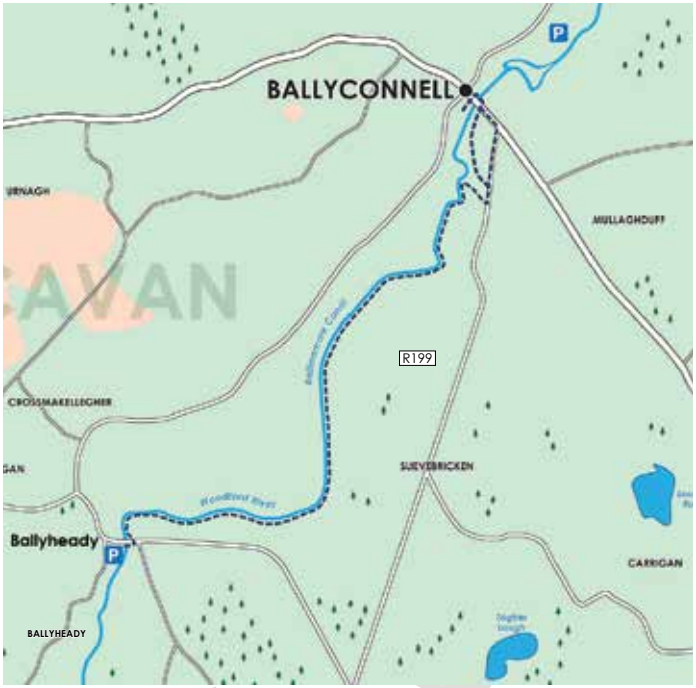
Terrain Good paths
Grade Easy

WALK
20

Start & finish: Start at the entrance to the trail just outside Ballyconnell on the R199 Killeshandra / Carrigallen Road, just south of the church. Suitable for walkers and cyclists, and perfect for families, the trail links Ballyconnell and Ballyheady, along the scenic banks of the Woodford River on the Shannon Erne Waterway. The trail also provides connectivity to the existing Woodford Village Walk, a key amenity in the UNESCO Cuilcagh Lakelands Geopark.

Nearby attractions: Drumlane Abbey; Clough Oughter Castle; Cavan Adventure Centre; Carafin Activity Centre.

Nearby Walks: Woodford River Walk 08; Turbet Island 16; Bawnboy Loop 22.



CAVAN TOWN URBAN GREENWAY

Distance 0.75km
Time 15 mins

Terrain Tarmacked path
Grade Easy

Start & finish: Park at the entrance to Cavan General Hospital (on the R198 Killeshandra road) or at the small parking area on the Carrickane side of the greenway. If approaching from the R198, keep right upon entering the hospital grounds and the start of the greenway will be visible on your right. The 1.25Km greenway will take you to Carrickane, under a railway bridge.

Nearby attractions: The Cathedral of Ss. Patrick and Felim; Clogh Oughter Castle.

Nearby walks: Cavan Town Heritage Trail 19.

WALK 21

BAWNBOY LOOP

Distance 5km
Time 1 hour 30 mins

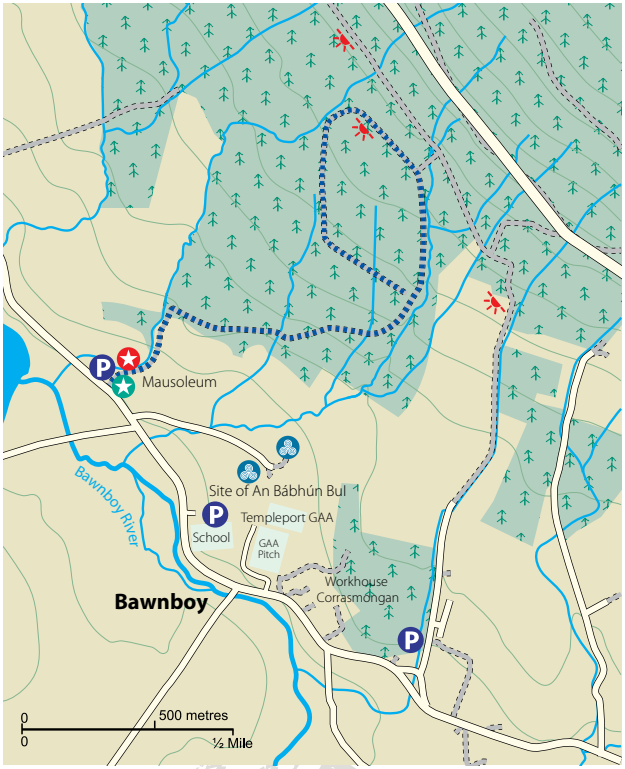
Terrain Forest trail
Grade Moderate

WALK
22

Start & finish: The Bawnboy Loop is in Carrick East forest. The start of walk is located approximately 1KM outside Bawnboy on the N87 Swanlinbar Road. Limited parking is available at the forest entrance. Follow the blue waymarkers through the forest which starts with a steady climb of 130 metres up to a viewing area, where you can see down to Brackley Lough and the landscapes of Cuilcagh Lakelands Geopark.

Nearby attractions: Bear Essentials; Bawnboy Workhouse; Jampa Ling Buddhist Retreat.

Nearby Walks: Ballyheady Recreational Trail 20; Woodford River Walk 08.



NUN'S WALK, BALLYJAMESDUFF

Distance 2km
Time 1 hour

Terrain Forest tracks, lake shore paths
Grade Easy

Start & finish: Start in the grounds of Cavan County Museum on the Virginia Road in Ballyjamesduff. The Nun's Walk takes you through the grounds of the historic museum, with information on the natural history and social heritage of the site.

Nearby attractions: Children's playground, coffee shop, WW1 Trench Experience and GPO outdoor experience also available www.cavanmusuem.ie.